

no nonsense.

## PRICE LIST

### Fitness Classes

Casual Rates:		Memberships:	Casual Contracts:	12 Month Contracts:
		4 classes/fortnight	\$95	\$90
Single Class	\$43	6 classes/fortnight	\$126	\$121
10 Pack	\$325	8 classes/fortnight	\$145	\$140
1 Week Unlimited	\$110	10 classes/fortnight	\$158	\$153
1 month Unlimited	\$350	14 classes/fortnight	\$190	\$185

10 packs have an expiration of 3 months and cannot be shared. Any unused may be re-activated for a \$15 administration fee

### Personal Training, Pilates, MovNat, Yoga

	Standard	Senior	Director	Standard 10 Pack	Senior 10 Pack	Director 10 Pack
30 minutes	\$75	\$80	\$85	\$700	\$750	\$800
45 minutes	\$105	\$113	\$122	\$1,000	\$1,080	\$1,170
60 minutes	\$138	\$148	\$160	\$1,330	\$1,430	\$1,550

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### Massage Therapies

	Standard	Senior	Director		Standard	Senior
Remedial Massage				Energetics & Massage		
30 minutes	\$75	\$80	\$85	90 minutes	\$208	\$218
45 minutes	\$105	\$113	\$122	Thai Shiatsu Massage		
60 minutes	\$140	\$148	\$160	60 minutes	\$140	
75 minutes	\$170	\$180	\$190	90 minutes	\$208	
90 minutes	\$208	\$218	\$230	120 minutes	\$260	
120 minutes	\$260	\$270	\$280	Scar Flow Therapy		
Cupping Massage				90 minutes		\$218
30 minutes			\$85	Aromatherapy		
45 minutes			\$122	75 minutes	\$205	
Dry Needling & Remedial				90 minutes	\$230	
Massage				Remedial Crystal		
75 minutes		\$180	\$190	Healing		
90 minutes		\$218	\$230	60 minutes	\$175	
Lymphatic Massage				75 minutes	\$205	
90 minutes	\$208	\$218	\$230	90 minutes	\$230	
120 minutes	\$260	\$270	\$280			

Call us at 0414 595 509 for a no obligation, no nonsense chat about how we can help you achieve your health or fitness goals.

## Injury Clinic

Initial Consultation (45 minutes)	\$140
Follow Up Standard (45 minutes)	\$140
Follow Up Extended (60 minutes)	\$178
Rehab 30 minutes	\$95
Rehab 45 minutes	\$140

## Counselling & Mentoring

Loss & Grief	\$130 (50 minutes)
Mental Health	\$130 (50 minutes)
Perimenopause	\$130 (50 minutes)
Relationship	\$130 (50 minutes)
Adult & Teen	\$130 (50 minutes)
Mentoring	

## Kinesiology

Initial Consultation (90 minutes)	\$195
Subsequent Treatments (75 minutes)	\$170

## Reiki

60 minutes	\$140
75 minutes	\$170

## Red Light & Infrared Therapy

Initial Session	\$45
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### Casual Rates:

Single Class	\$35
10 Pack	\$250

### Memberships:

3 sessions/week	\$50
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## Products

Magnesium Oil Spray	\$28	Weighted Bracelets	\$35
Muscle Balm	\$40	Guasha Tool	\$18
Magnesium Relief Roller	\$45	Foam Roller	\$20
Magnesium Relax Roller	\$45	Theraband	\$15
Magnesium Bath Flakes	\$30	Trigger Ball	\$15
Naturally Healthy Teas	\$24.95	No Nonsense Tees	\$35
		No Nonsense Jumper	\$80
		Water Bottle	\$25
		Towel	\$20
		Pilates Socks	\$20